

**North Canadian River
Invitational JH Track Meet
Okemah High School
April 13, 2023**

On behalf of the Weleetka & Wetumka Public School systems, we extend to you and your teams a sincere invitation to participate in the 4th annual North Canadian River Relays Track Meet. Weleetka & Wetumka will be hosting a 3A & below track meet at Okemah High School. We will be competing in an incredible facility which with an 8 lane all- weather track. The meet will be run as timed finals. Note: We have two divisions; 7th grade girls & boys and 8th grade girls & boys. If a participant is running in relay, he or she can run up with the 8th grade but not down.

Entry Fee: \$70 for each boys and girls team: \$15 per individual if less than (4) members. Make checks payable to Wetumka Public School.

Divisions: There will be (4) divisions; 7th grade girls and boys and 8th grade girls and boys. Class 3A and below school only based on OSSAA ADM.

Time: All teams should report to the track by 9:30am for coaches meeting. Field events will start at 10:00am. Running events will begin at 10:30am.

Limitations: Each contestant is limited to (4) events. Each school is limited to (3) participants in each event. (3) Throws will be given to each contestant in the shot and discus and (3) jumps in the long jump and high jump. **(No team camps will be allowed infield.)**

Awards: Trophies will be awarded to 1st and 2nd place teams in both divisions. Medals will be awarded to the 1st – 3rd place finishers in all events.

Scoring: Awarded to the 1st - 6th places, 10, 8, 6, 4, 2, 1 for individuals, relay will be double.

Equipment: ¼ in or shorter, spikes are required. No spikes worn on the football field.

OSSAA RULES APPLY

<u>Weleetka AD</u>	<u>Wetumka AD</u>	<u>Weleetka Track Coach</u>	<u>Wetumka Track Coach</u>
Johnie Loggins	Darryl Reid	Johnie Loggins (G)	Breanna Osborn (G)
School-405-786-2203	School-405-452-5150	Cell-580-235-2505	Ben Allford (B)
Tony Hawkins		Tristan Garringer (B)	School-405-452-5150
Cell-918-944-0076		Cell-405-880-3160	

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Thursday, April 13, 2023**

ORDER OF EVENTS

Running Events Begin at 10:30am

400m Relay	Girls, Boys
3200m Relay	Girls, Boys
100m Hurdles	Girls, Boys
800m Relay	Girls, Boys
800m Run	Girls, Boys
100m Dash	Girls, Boys
400M Run	Girls, Boys
300m Hurdles	Girls, Boys
200m Dash	Girls, Boys
1600m Run	Girls, Boys
1600m Relay	Girls, Boys

Field Events Begin at 10:00am

High Jump	7 th girls, 8 th boys, 8 th girls, 7 th boys
Long Jump	7 th boys, 8 th girls, 8 th boys, 7 th girls
Discus	8 th girls, 7 th boys, 7 th girls, 8 th boys
Shot Put	8 th boys, 7 th girls, 7 th boys, 8 th girls
Pole Vault	7 th girls, 8 th girls, 7 th boys, 8 th boys

NOTE: IF THERE IS NOT VERY MANY TEAMS IN THE 3200 RELAY FOR 7TH GRADE WE WILL RUN GIRLS & BOYS TOGETHER. ALSO 8TH GRADE WILL BE DONE THE SAME WAY.